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Youth vaping on the rise

DARREN LUM

Staff Reporter

There was once an era when it was common to see cigarettes hanging off the lips of people on the street and those on the silver screen. Vaping is now taking centre stage, and is a cause of concern as its popularity among the general population and youth in particular is rising.

in particular is rising.

Vaping involves "inhaling and exhaling an aerosol produced by a vaping product, such as an electronic cigarette. Vaping doesn't require burning like cigarette smoking. The device heats a liquid into a vapour, which then turns into aerosol. This vapour is often flavoured and can contain nicotine," according to the Government of Canada's website.

Vaping products are also known as mods, vapes, sub-ohms, vape pens, e-hookahs, tank systems, electronic cigarettes/e-cigarettes and electronic nicotine delivery systems (ENDS).

A group of six senior Haliburton Highlands Secondary School students, the majority in Grade 12 and one in her fifth year shared their insight about vaping. They have all tried it and know it is present and available at parties.

Fifth-year student Madeline Hopkins recalls about three years ago when restrictions hadn't yet been established at the high school and the province..

see LONG-TERM page 2



Taking a swing at victory

Haliburton Highlands Secondary School Grade 9 doubles player Ava Smith (parnter Emma Tidey out of frame) focuses on the shuttlecock at the Junior Kawartha Badminton championship on Thursday, April 18 at Haliburton Highlands Secondary School. The Red Hawks had 10 competitors in boys and airls doubles and mixed doubles. There were 64 competitors, who represented at least 12 high schools in the annual competition. The top four in each category moved on to compete in COSSA (Central Ontario Secondary School Athletiecs) championships. See more on page 10./ DARREN LUM Staff

Health unit issues suspension warnings

CHAD INGRAM

Staff Reporter

The Kawartha Haliburton Pine Ridge District Health Unit has issued about 1,000 suspension warnings to students in its jurisdiction, advising them to get their immunization records up to date.

In many cases, it is likely that students are properly vaccinated, it's just a matter of parents ensuring that records are updated with the health unit.

"School suspension orders are a last resort and only issued when students and their families have not updated their immunization records with the Health Unit," says Marianne Rock, manager of health protection with the health unit in a press release. "In many cases, students have received all the required vaccines from a health care provider, but the records for these vaccines have not been shared with the health unit."

Orders were issued for students in Haliburton County, the City of Kawartha Lakes and Northumberland County.

Families who receive suspension warn-

ings should contact the health unit immediately. They can call 1-866-888-4577, ext. 1507, or visit www.hkpr.on.ca. Parents can also update immunization records on the new Immunization Connection Ontario website at https://hkpr.icon.ehealthontario.ca.

Students who require vaccinations should make an appointment with their physician, or can be vaccinated by health unit nurses.

Suspension orders will take place at the end of April if records are not updated or arrangements made.

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No vaping/no smoking signs are becoming a common sight on the doors of schools like Haliburton Highlands Secondary School The usage amona teens has grown dramatically in the past few years, warranting attempts to educate and raise awareness about the health risks related to vaping/e-cigarettes. /DARREN LUM Staff

Long-term health effects unknown

from page 1

"I remember walking into the cafeteria one day – this was before any of the laws had been passed prohibiting people from vaping inside - the cafeteria was so cloudy and it smelled like cotton candy," she said. "It was a few weeks of unknown waters. People didn't know how to behave and it was the weirdest thing. Everywhere was cloudy. After that everybody had vapes. Everybody.

The 2016-17 Canadian Student Tobacco, Alcohol and Drugs Survey showed 23 per cent of Canadian students have tried vaping, which is up from 20 per cent in 2014-

"When you were younger no one did it and everyone thought it was bad and against it. It started to shift [over

the past few years]," Hopkins said.
Grade 12 student Chloé Samson admits to trying it, but said she hasn't felt social pressure to do so.

The group said there is stigma related to smoking cigarettes which isn't present for vaping.

"People are more against smoking cigarettes and are more for smoking e-cigarettes. I don't know if it has to do with the flavours or [because it's] easy, portable. Everyone is more into e-cigarettes," Samson said.

The group offered insight into what they've heard about why young people vape.

"A lot of teenagers that do it frequently say they like the nic rush, the rush of nicotine. You hear that a lot," Hopkins said.

Josie Quigley, a Grade 12 student, laughed and said another reason people vape is the tricks they can do. The group also said student-athletes, who it might be assumed are more health-oriented, are vaping.

The students said there are often two groups at parties; a small one for cannabis smokers and larger one for e-cigarettes, which are passed around. They agreed the smell of burning cannabis puts people off compared to the pleasant smell of flavoured vaping juice such as mango (an apparent favourite). Vaping products can be easily bought online and distributed to others.

According to the Tobacco and Vaping Products Act, it is prohibited to furnish, send, or deliver vaping products to a young person. The legal age to purchase vaping products is 19 and older. According to the Government of Canada, federally, there are not any imposed restrictions regarding the use of e-cigarettes, or sale of e-cigarettes and vaping accessories in Canada. All regulations are being handled provincially and municipally.

Quigley said for some in the Highlands vaping is likely used as a method of coping.

Correction

In last week's edition of the Haliburton Echo, Margo McCrae's last name was misspelled. The Echo apologizes for the error.

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"One of the main problems is that there's few coping mechanisms and few mental health helps in Haliburton County. I think it is used as a crutch a lot of the time," she

The group agreed to speak publicly in the paper to raise awareness in the community and with teachers.

"We're here stating our opinion. It's not like we're walking around the hallways like waving posters, saying, 'Don't vape.' At the same time we've all been at parties where people are doing it. We never say, 'Don't do that,' Samson said.

The group referenced the e-cigarette brand, JUUL, which resembles a memory stick. They believe it is marketed to youth due to its discreet appearance and the flavours available such as mint, vanilla and fruit. A JUUL device kit (includes charging dock and device) costs about \$45 before tax. Online, JUUL pods are sold as four pack, which costs about \$21 before tax.

The students said vaping can be concealed by holding in a breath, waiting for it to dissipate.

Cameras have been used as evidence to catch students vaping, they said. However, cameras are not in classes, bathrooms or change rooms, which is where some students secretly vape.

HHSS principal Chris Boulay is aware of this rising trend and has been behind a group effort to provide resources to raise awareness.

"That's our role as educators is to share the information with our stakeholders and then let the students make good decisions," he said.

Boulay admits more is needed and is open to ideas on how to reach students.

The Haliburton Highlands Secondary School website directs parents and guardians concerned about vaping to go to the Government of Canada's website where there are resources such as posters available for schools and information. The school has received the posters and will post them soon, provided information in health classes promoting a healthy lifestyle, and has planned upcoming information presentation (one for Grade 9/10 and one for Grade 11/12 and Grade 11/12 students) led by health promoter Jennifer Valcamp with HKPR Health Unit. One had been scheduled, but was postponed.

Boulay said HHSS is going to be included in the government-sponsored National Consequence Tour.

The school expects the tour to come to HHSS in 2020, possibly March. The tour engages students with activities, which cover the health hazards such as how vaping with nicotine can lead to nicotine addiction, lung damage, how nicotine can alter teen brain development and that the long-term health impacts are unknown.

Jenn Sharp, mother of two boys at HHSS and secretary with the HHSS School Council, wrote in an email the school's efforts are a "great start to making youth more

see SCHOOL page 16



New Canoe FM president talks of outreach

DARREN LUM

Staff Reporter

New Canoe FM president Tim Hagarty is hoping to take the Haliburton-located community radio station out to the streets more than ever with greater outreach broadcasts.

It's part of an approach to connect with listeners and to attract new ones, who may not be familiar with the station in communities outside of Haliburton such as Wilberforce or even Kawagama Lake.

"We need to be out more there in those communities. How do we get out there? It's one thing to be on the dial. You're sitting there and you got 5,000 radio stations. You got 'dut, dut, dut, dut,' and you happen to hear one that plays a song you like [it's] another one to go, 'I just met those guys.'

He realizes there is a challenge in finding volunteers to enact these outreach ideas.

That said he is aware the station has had on-site broadcasts, but he wants to do more because he sees an added value in meeting potential listeners.

"If you're physically present some where at least they're going to pay attention, right? They're going to walk up and say, 'What are you guys up to? Oh, you're doing a remote from Agnews General Store in Wilberforce. Isn't that cool.' How do we get out there more in the community? ...That's something I'm

He believes the station is strong and is

supported by the community.

However he still wants to attract more people to serve on the board and to volunteer and join the 130-volunteer team. Maybe a dedicated set of people to execute the outreach broadcasts.

The station requires a diverse range of skills and offers a mix of jobs from front desk, data entry, categorization of music (the organization of the 20,000 plus songs), including on-air and on-location announcing.

Hagarty was voted in by the radio station's board of directors back in November. He spent four years on the station's board and the music committee, which decided what music goes on the air.

The retiree, who has owned a residence here since 2010, has been an active volunteer in the community. He knows about collaborating in the community, as he has served on the Glebe Park and Museum Committee since Feb. 2011 and as a director and lake steward for the Miskwabi Area Cottage Association since 2014. His professional background experience includes work in the corporate world as a director of capital services North America for Unilever North America an d purchasing manager/global teams for Unilever Canada.

Born and raised in Toronto, Hagarty has had a soft spot for the Highlands ever since he was a child.

He remembers coming here in the summers, starting in the late-1940s to visit Birch Point Lodge. Every year that he came, it was like coming home. There was a strong sense of affection for the lodge and the setting's beauty.

That same love is at the root of his efforts with Canoe FM.

He's been volunteering at the radio station, hosting the show, Jazz on the 45th since 2010.

The station's manager Roxanne Casey said her long-time friend is the ideal person to take the radio station into the new era for radio broadcasting. Although he

was not the only one, he is part of the station's technical committee.

Part of Hagarty's two-year term will include an effort towards reaching a greater audience and to be a viable media source for listeners.

Young listeners is one demographic Hagarty wants to attract more of and believes if given a chance, Canoe FM can impress. He highlights the station's spe-

cialty shows focusing on blues and jazz.
"We have specialty shows. They're really good. I've had people on my show that go, '[Wow], this is pretty amazing.' I do the jazz shows up here and we have people call and send me emails, 'Can I

play in Haliburton?' Jazz?" he said.

The public will be surprised at the mix of music if they only know the station for what is broadcast during the day.

Future viability of the station has been a topic of discussion lately.

One of the questions raised by the station recently was will people be listening to radio in 10 years?

"The answer ... is we think, yes," he said. "We think there is a place for radio and continue to be a place for radio, but there is also how do you receive it. People receive it on their phones. People receive it only God knows how? I still can't figure out how it goes from one point to the other ... is there a place for radio? Is there a place for Canoe FM, right? I think we're a local community oriented radio so the answer is, 'yeah, I think we have the populace that will continue to support us and how they listen to us is what we have to figure out and make sure we give them that opportunity.'

He adds there has been "amazing" numbers related to Canoe FM listeners tuning in via the Internet.

A country music show every Saturday morning happens to be the most listened to Canoe FM show on the Internet, he said, surprised.

Relevancy is a key concern.

One area the station is interested in pursuing is podcast production. A podcast is an episodic series of digital audio or video files, which are available on the Internet to users by download.

Hagarty said now the question is what do we podcast?

He admits this is not his area of expertise, but said there are volunteers with the station who do have such expertise and connections. Additionally, not knowing is a strength, as he's ready to defer to those that do, which is what he learned during his career.

"However I've also believed in my career that I can't know everything. Therefore you get people that know stuff," he said. "As a matter of fact if I don't know anything I'll be a better boss

There is also a push to be part of the free audio streaming service, iHeartRadio. It enables listeners to hear music or podcasts on the computer, tablets, mobile phones or in the vehicle (Car Play and Android Auto) via the relevant app.

The affection he has for the community is at the heart of his passion to give back is at the heart of his motiva president and take on more responsibili-

"I keep doing the things I love to do," he said. "It's nice to know that you can do some thing that you love to do and it actually has an affect on somebody ... I think Canoe FM has a positive affect on the community and I think that's why I'm still there. I believe in it. I believe in the people and I see the joy some people have when they show up [to volunteer]."



New Canoe FM president Tim Hagarty is looking to help lead the station in its efforts to modernize its content and attract new listeners. Hagarty loves the community and the station. /DARREN LUM Staff



Music inspires JDHES student to spread joy

DARREN LUM

Staff Reporter

Channelling music idol Johnny Cash, Laren Main strummed his ukulele, driven by a passion for music and the joy it brings others during a performance at the McKecks Tap and Grill in Haliburton

The country music icon, Cash, he said, inspires him the most.



J. Douglas Hodgson Elementary School Laren Main performs at McKecks Tap and Grill in Haliburton. Laren loves to perform and said his inspiration is Johnny Cash. /Submitted by Jennifer Horner

"Ring of Fire was the song that got me into a whole world of music that people from the new generation didn't really like. A lot of the time I heard people listen to music I honestly can't understand,"

The music by Cash ... Grammy-awardwinning musician June Carter, who performed and wrote music with her husband, was Laren's gateway to learn about other music from the 1950s.

His favourites include Waylon Jennings, Paul McCartney, Warren Zevon, Dion, Frank Sinatra and Johnny Cash, who is "at the top of the list."

"Before I was playing music I was doing nothing. I was always bored. Didn't have good days. But when I play music I'm full of joy," he said.
The 13-year-old adds his future dream

is to be a professional musician.

This love of music started in J. Douglas Hodgson Elementary School with his Grade 6 teacher, Ed Poropat.

"I was terrible at it when I first started. I had trouble switching from C to G, my timing was off. But my teacher had confidence in me. He saw talent in me that I honestly couldn't see. By the end of the year I was pretty decent at playing ukulele," he said, referring to last year.

Later in the year he remembers receiving a ukulele at Christmas and the surprise expressed by his father when he played Let It Be by the Beatles.

"I played for days in the basement not coming out for hours. I taught myself not only how to master different chords and songs, but also new ways to teach myself," he said. "Now all I need is lyrics and chords and I can play it without mistakes on the first try.'

Sometimes the ukulele can lead to some musicians playing guitar, but for Laren he's happy with where he is and what he's doing.

"People always ask me if I ever want to start playing guitar, but I always say, no. I'm just a ukulele guy," he said.

With files from Mike van den Hengel



Kids get cracking on egg hunt

Sisters Kinsley and Ewelina Porzuczek collected 20 eggs to trade in for treat bags at the fifth annual Curry Chevrolet Easter Egg Hunt held in Haliburton on April 19, and also found two of the rare "car eggs," which could be traded in for special gifts at the family fun event. /SUE **TIFFIN Staff**



Marshall Smith gets his first visit in with the Easter Bunny on April 19 at the Family Easter Egg Hunt hosted by Cūrry Chevrolet Buick GMC in Haliburton.



Cedar Brown, Henry Cockwell and Elyse Cundall bundled up in rain gear for the fifth annual Curry Chevrolet Easter Egg Hunt, in which more than 200 kids this year braved the sometimes heavy rain on the morning of April 19 to hunt for eggs in the dealership parking



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Fundraising event for ATVers this weekend

DARREN LUM

Staff Reporter

Cancer takes a lot from those who are afflicted with it directly and the loved ones affected indirectly.

As a child, Lindsay Draper of Wilberforce remembers when her step-father had cancer and how her family

endured the financial struggles.

Draper is inviting the public to join her in helping raise awareness and money for breast cancer patients when she will ride in the Kelly Shires Breast Cancer Foundation fundraiser TraX4 Breast Cancer ATV event this weekend.

"My step dad had cancer. He didn't have breast cancer, but he had cancer. For me as a child growing up with a parent with cancer I understand a little too much about the financial struggles that come with it," she said. "It touched me on a personal level ... Not necessarily the breast cancer, but the financial side of things because I know what it's like to have a parent go through cancer treatment. There is no financial assistance out there. We did without a lot of things. If I can help one parent with keeping a roof over their head or food on the table. Or even having the dignity of having a wig or a prosthetic then to me it's worth it," she said.

Cancer Foundation was when she was asked by a friend to participate in the Kelly Shires Breast Cancer Foundation snowmobiling event that raises awareness and money for men and women with breast cancer.

Draper, a volunteer for the foundation's event for the past 10 years, said the foundation is the only one of its kind and only helps Canadians (excluding Quebec residents, who organize their own event).

We financially support men and women who are fighting breast cancer. We don't do research. We give financial assistance for things that are not covered under OHIP or covered private healthcare or private insurance," she said.

The two-day family event starts this Friday.

Participants are asked to fundraise by collecting pledges and donations.

The minimum pledge for first time participants is \$300 and \$650 for repeat participants. The minimum for passengers is \$280. The minimum pledge for children under

"With that you get two days of riding as well as lunch and dinner on Friday and breakfast, lunch and dinner covered on Saturday," Draper said.

The registration deadline is Wednesday, April 24. Draper pointed out side-by-sides are encouraged to join the fun, who will be riding on routes, which are part of the Haliburton ATV Association and Kawartha ATV Association trail systems.

On Friday the event's Early Bird Ride starts at 10 a.m. at the Pinestone Resort and Conference Centre. The ride is planning on going to Tek Rider Canada where a lunch will be held. The next day the Pink Ribbon Ride starts after the event's opening ceremonies, which starts at 8:30 a.m. The ceremonies will include speeches to remember the ATV fundraising event's co-founder Tracey Guthrie, who died two years ago.

"This is her legacy and we're really trying to keep everything going in her honour," Draper said. "With it being the 10th anniversary, we're really going to be focusing on honouring her and what she did for the charity and what she did for women in general with breast cancer.'

Draper has been a participant of this ATV ride for six years, including 10 years for the winter snowmobile allfemale fundraiser event.

In the past the ATV event was usually held in the Parry Sound area, but she wanted to draw people to her home county where she believes the trails are unrivalled.

"I think we have the best trails in Ontario and we needed a change. So why not for the biggest year, right?" she said, referring to its 10th anniversary. "So we threw caution to the wind and [decided to] try it out."

See www.trax4bc.com for more information on the



Rebecca Wallace of Algonquin Highlands brought her woodburning wares to the Wilberforce Maple Syrup Festival, which included a flea market in the

Eliot Feenstra and Lo Bil of Toronto joined hundreds of people who took in the 41st annual Maple Syrup festival at the Lloyd Watson Memorial Centre on April 20 while visiting the area for



All ears for maple syrup festival

The 41st annual Maple Syrup Festival held in Wilberforce on April 20 over Easter weekend saw hundreds of people attend the all-you-can-eat pancake and sausage event, which also included a flea market, info session by local groups and organizations and kid craft and activity





A craft and activity area for kids entertained visitors at the Maple Syrup Festival held in Wilberforce on April 20. /



until Saturday, April 27th

points of view



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Sprng runoff

by Darren Lum

The sound of music

TUST LAST month, the trails winding through YMCA Wanakita were lit with lanterns perched on top of snowbanks, leading the way to the Winter Folk Camp. The boxes of light on a dark winter path led the way to the dining hall, where musicians on a low stage at the front of the room filled the space with clear, crisp, soul-moving music. The concert is a completely magical experience, and not just for the camaraderie of the camp participants or the quality of the music itself, but for that setting which offers this breathtaking blend of nature, nostalgia and intimacy between musicians and concertgoers, just minutes away from our own backyard.

That space is unique, but there are many like it offering a spot for a memorable audial experience in this county: area churches, the Legion, the Curling Club, the Hali Youth Hub and community centres. The Haliburton Highlands Museum sets the stage for the Haliburton Folk Society open mic night, outdoor events will invite choirs and buskers and local businesses will open their doors to live bands

as well. This week (April 25 and 26), the Haliburton Highlands Music Festival brings adjudicators and a busy program to the Northern Lights Performing Arts Pavilion, our own 226-seat community theatre anchored securely within sight of Haliburton's downtown village. For years, the NLPAP has been an integral part of the town, home to concerts, plays and musicals, and this summer will bring crowds together for music-filled opportunities including the Haliburton Concert Series (Rolston String Quartet on May 5), the Highlands Chamber Orchestra (spring concert on May 25), Highlands Summer Festival (including the stage musical Mary Poppins on June 30 and the early days of July) and Highlands

Opera Studio performances (Women In Opera: Then & Now, August 15 and Ariadne auf Naxos, August 22 – 26) to name a few upcoming experiences.

We won't have the enchanted Bone Lake Ampitheatre at the Haliburton Forest Festival this summer as it undergoes renovations, but the power of a concert at the Historic Logging Museum is nothing to shake a stick at, and so imagining the music promised in the 2019 lineup - including that of Steven Page, the Slocan Ramblers, and an innovative program by CBC Radio 2 host Tom Allen – as it pours into that ambient space is already raising goosebumps on arms across the county.

The bandshell will be in full use for

Rotary Club of Haliburton's Music in the Park, with a lineup that starts with the Highland Swing Band on July 2 and ends with Sheri Hawkins & The Tent Shakers on Aug. 13. It's easy even now, as winter finally leaves us, to close your eyes and imagine lounging in a chair or on a blanket next to Head Lake in the park on a perfect summer evening, listening to live music that sounds like it is being made just



tiffin

for you.

But that's not all – we'll also be able to get fresh air while taking in music on sunny days at Head Lake Park that are so close we can almost feel them, bringing us a soundtrack for our stroll through the farmers market, a beat to move to during drum circles at Rail's End Gallery and Haliburton DrumFest and those impromptu concerts of summer days and nights underneath the

The music being made in this county by both local talent and visiting guests is sensational, made even more special by the venues in which we are invited to take it all in. Somewhere, something incredible is waiting to be heard in the

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Letters must include name and telephone number. Letters may be edited for length and clarity.

Waking up ANE SILENCED the alarm with an irritated flick of her finger. At

her feet, Herbert the cat lifted his head, yawned and lowered it again. Since he had spent most of the night staring out the bedroom window he now needed his

Swinging her legs over the side of the bed, Jane slipped into her old jeans and sweat shirt and padded downstairs. Along with her jacket and rubber boots, Simon the schnauzer waited in the front hall, his body quivering in anticipation. Jane clicked on his leash and the two of them were out the door.

The soft grey light of pre-dawn sur-

rounded them as they started out on their daily morning walk. That special light was one of the things Jane liked about walking at 6 a.m. The world was a softer, quieter, saner place at this hour. No hum of traffic from the highway on the hill. No delivery trucks downtown. Not even a barking dog though she knew all of these would come soon enough.

Now that it felt as though spring had finally arrived the only sound was the birds. Kobins sang their little hearts out as

they bustled about eating, nesting and mating. Crows called from the tree tops, giving directions to other family members. Phoebes announced their own presence over and over again. And the raucous pileated woodpecker that haunted a particular section of the neighbourhood

told everyone he was taking over.
Fresh but no longer frigid, the air smelt of old wet leaves, mud and the promise of sweet little flowers not yet ready show themselves. Jane took it all in as her mind slowly lost its sleepy fog and woke to the world around her and Simon. It had been a rough week. Again.

The universe seemed to be spinning out of control and unfortunately Jane tended to take it all too seriously. Wars, disease, hatred and a badly suffering planet all played on her mind. But these morning walks helped. They reminded her of what really mattered. The light, the air, the sounds and how she chose to

move through them. She knew she was lucky to do this, to walk and listen and smell with her four legged companion. So many others could not say the same.

It was the wet season. Although a few scraps of snow, looking like old mashed potatoes, still lay in shaded areas, Jane knew the coming rain would take care of them. Right now spring melt gurgled as it swirled down the hill and into the ditches eventually ending up in the lake.

As usual Simon tried to direct the walk, pulling on the leash every few feet with his nose glued to the lumpy ground. All those winter smells now released and just waiting for his enjoyment. The

sun was slowly making its way over the horizon and Jane looked up at the hills, the bare branches not yet touched with spring green.

A sound startled her and she looked to see two young deer at the side of the road, staring at her and Simon. He just kept sniffing. Still shaggy from winter coats the animals had been browzing for fresh vegetation that seemed to spring up overnight. Don't worry, she told them silently; there will be more. She had almost missed seeing

them, distracted by the light on the hills. Jane was reminded how life could be like that: distracting us from what's nearby and precious.

They walked on. She had read somewhere that life happens while we're busy doing something else and she didn't want to be like that. She didn't want to miss the special little moments that happen every day and give meaning to who e are and what we do. Living moment. Sometimes Jane grew tired of the well-meaning and often self-congratulating advice-givers who announced they had discovered the secret to happiness. For Jane, it was really about trying to pay attention and savour all that came along when it came along. After all the rest was out of her hands anyway. It was sort of like walking the dog through the early morning light. There was always something happening. All she had to do was pay attention.



sharon lynch

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points of view

The point of no return

N THE WEEKEND, I was at the pet store purchasing litter.

As an aside, I have always considered this to be one of the most confusing sentences to anyone learning the English language. I mean, first we tell them that litter is bad. Then we tell them we are going to the store

Yet, on that visit, I learned another thing about cat litter that is equally as interesting.

After I paid hard-earned money for a product my cats are going to poop on, the woman at the cash register said, "All sales final" and laughed.

I did laugh too. After all, it was a very funny thing to say about cat litter, which as we all know is the cat equivalent of toilet paper – another item no one has ever returned after use. I hope.

The problem with very funny things is that they sometimes get you thinking.



steve

galea

In my case, I thought I must be slipping. After all, I have been a humour writer for four score and seven years, mostly because I suck at math. And every week I am desperately looking for funny things to write about. So how did this tidbit of hilarity slip by me?

The apologist in me suggested that humour is most often related to your occupation and the things that are very familiar to you. In that case, the woman at the cash register of the pet

shop was clearly the obvious choice to be more current on cat litter-related humour than me.

Then I realized that – like a cardboard litter box – my theory does not hold water. After all, I have been replacing our cats' litter once a week for the last eight years, so I am nothing if not a gifted amateur. As such, I should have been on top of this joke.

Instead, I have failed you.

Sure, I have made jokes about cat litter before – mildly amusing observations about my cats burying the evidence and such – but I have never really hit the high note of cat litter humour. Yet that brilliant woman did.

This makes me wonder if I am sliding from my current ranking as a third rate humourist to a fourth rate one – which I wouldn't care about, if not for the commensurate reduction in pay and adulation.

There are two ways you can go when confronted with this. The first is to drown your sorrow in countless mugs of kale juice until you become bitter and ultimately forget the very thing that drove you to this horrible, self-destructive act. Forgetting is good because it gives you a chance, somewhere down the road, to claim the joke as an original one you came up with.

The second way is to accept that when it comes to humour there are plenty of people who are funnier than you. This is ultimately better than drinking kale juice.

In any event, I count this among the greatest life lessons I have learned in the past three days.

Great discoveries always happen by accident. Sir Isaac Newton learned of gravity when an apple fell on his head. I learned about the wonderful humour around me because our cats were not constipated.

That cashier in the pet store deserves credit too. She reminded me of a valuable lesson in humour. Always think outside of the box.



pic of the past

¬his photo is from 1953 of Harold Riseborough, the night watchman at the Minden transformer station. Our thanks to Chris Miller, great-nephew of Harold Riseborough, for bringing this photo in.

letters to the editor

Province should invest in environment, education

To MPP Laurie Scott,

In your survey you ask: "Are there any examples of provincial government red tape or unfair regulations that are making life more difficult for you and your family? Please try to be as specific and detailed as possible.'

It offers the illusion that the government cares to know what we think. This of course would make me feel good if I thought it was actually true. Maybe you hope I forget about the bigger picture. Very clever, I thought, but it is not clever, it is a trick. Red tape and other slogans, like gravy train, can be interpreted by everyone in their own way and we can have the illusion that this will be addressed just to fit our personal beef in this case with laws; rules; regulations.

Changing programs that were in place usually costs more money than would be gained. A sad example is the guaranteed income project in Lindsay. The possibility that guaranteed income will save money in the long run is very possible and not new in other countries. So a research project is a great way to find out if this is also the case in Ontario. To stop the program midway, means the money put into the project is lost and the result

unknown. No savings there. This is just one exam-

What my family finds important is the environment, education, health care, mental and emotional health. Investments in these things do not always have an immediate result but will save money in the long term and create a better Ontario. Something our children and grandchildren will appreciate. But these areas are exactly where the cuts are, despite the picture you are try-

On the other hand cheap beer, cheaper gas, tailgate parties, wine at 9 a.m. in a restaurant and a new licence plate to please Doug Ford's ego, is not necessary and is no improvement, on the contrary I would like to say.

For the short term, for our own mental health, my husband and I have decided to stop watching

For the long term, we hope Doug Ford and the "Progressive" Conservative party will magically

I hope this is specific and detailed enough.

Johanna Bruch-Hilkers

More letters to the Editor on page 9

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If you are appalled, let them know

To the Editor,

During the past few weeks, I have had a number of friends and colleagues comment on the frightful conduct of our provincial government ... the Ford government. The litany of absurd and ill-informed decisions that have been taken to dismantle all manner of our institutions in pursuit of "dollar store" government cost cutting is reflected in last week's yellow accessorized budget. It's the Ford way...it was tried in the City of Toronto by the Ford brothers and resulted in four years of abject failure, chaos and embarrassment and it's now being foisted on us

But is it? We, collectively – each and every citizen of this province, must take some responsibility for the government that has been elected, whether we voted for them or not. While the PCs certainly won a healthy majority of the seats, their 40 per cent of the popular vote also suggests that 60

per cent of those who voted did not choose them. Further, Ontario had over 10 million citizens who could have voted in the 2018 election but only 5.7 million saw fit to cast a ballot. The PCs received 2.3 million of those votes, or slightly more than 20 per cent of all eligible voters. 20 per cent!

We, collectively, said "yes, Mr. Ford, go ahead. Go ahead. Tamper with parts of an educational system that works very, very well. Take a 'ham fisted' approach to the Ministry of Children, Community and Social Services. Go ahead and rail against climate change. While you're at it, cancel an increase in the minimum wage and an income security pilot program. Do an end run to get the job you always wanted and elbow your way into the management of the City of Toronto. Show your class and statesmanship and refer to the opposition parties with disparaging remarks. Denigrate teachers and union leaders. Nominate an underqualified family friend for OPP commissioner." The list, of course, goes on and on

What else did we get? Baubles no one asked for ... shiny objects intended to distract; buck-a-beer, tailgate parties, telephone lottery tickets and a new slogan on our PC blue license plate. (Perhaps "Clap Or Else" is more apropos than the rejigged motto!)

When Mr. Ford and his ministers speak, they speak for all of us. If you find what they are saying to be unsettling, to be insensitive, to be irrelevant, to be inappropriate, to be ill-advised, tell them. If you are appalled and angered by what is happening at Queen's Park, let them know. Write letters, go to demonstrations. If you think things are not as they should be, tell them. And long before the next election, get involved. And vote! That's the only way things can change.

> Sean Pennylegion Haliburton, Ontario



Fleming college student Adrien Fera, left, listens to Naiomi Bainbridge of Minden explain with gestures about what she sees in the showcased piece combining dance and architecture at the end-of-semester art exhibition



Integrated design student Brianna Godden sketches a portrait at the end-of-semester art exhibition, We Made It on Thursday, April 18 at the Halburton campus.



We Made It

Event goers examine the work of integrated design student Sophie Tremblay, whose work repurposed glass jars, at the end-of-semester art exhibition, We Made It on Thursday, April 18 at the Haliburton campus. There were close to 50 students, who exhibited their work at the Haliburton School of Art + Design Student Exhibition, which enables young artists to showcase what they have learned in their respective courses and exhibit their work (some for the first time)./DARREN LUM Staff

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Hawks host Kawartha badminton

Haliburton Highlands Secondary School Grade 9 doubles players Brooke Stover, left, and Corin Gervais compete at the Junior Kawartha Badminton championship on Thursday, April 18 at Haliburton Highlands Secondary School. The Red Hawks had 10 competitors in boys and girls doubles and mixed doubles. There were 64 competitors, who represented at least 12 high schools in the annual competition. The top four in each category moved on to compete in COSSA (Central Ontario Secondary School Athletics) championships./DARREN LUM Staff



Above, HHSS doubles player Megan Klose serves (with partner Tyler Martin out of frame) at the Junior Kawartha Badminton championship on Thursday, April 18 at HHSS.

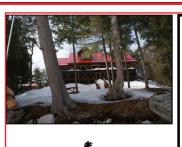




Left, Grade 9 doubles player Emma Tidey, left, lunges for shot while partner Ava Smith looks on at the Junior Kawartha Badminton championship on Thursday, April 18 at HHSS.



Above, HHSS Grade 10 doubles player Josie Graham, right, readies for an overhead shot while partner Erin Chumbley looks on at the Junior Kawartha Badminton championship on Thursday, April 18 at HHSS.



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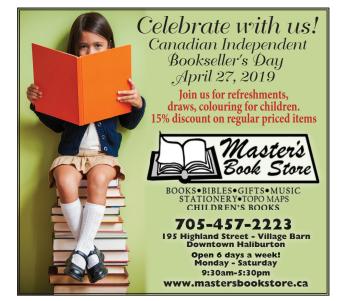
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String quartet to launch 2019 concert series

The Haliburton Concert Series will open its 2019 season on Sunday, May 5 with a concert by the Rolston String Quar-

This young Canadian quartet has been winning competitions and presenting concerts all over the world, and were named one of CBC's "30 Hot Canadian Musicians under 30" in 2016. They are now the quartet-in-residence at the Yale School of Music. Organizers are thrilled that they will be presenting a concert in Haliburton in which they will play music by Mozart, R. Murray Schafer, and Brahms. It will be a memorable afternoon.

The concert will be held at 2:30 p.m. in the Northern Lights Performing Arts Pavilion in the Haliburton Highlands Secondary School. Complimentary refreshments will be served at intermission, and after the concert there will be an opportunity to meet the musicians.

Tickets are \$30 for adults and \$10 for



Named one of CBC's "30 hot Canadian musicians under 30" in 2016, the Rolston String Quartet will be presenting a concert in Haliburton as the kick-off to the 2019 Haliburton Concert Serries. / Bo Huang Photography



students. Subscription packages are also available. Contact Fred Shuttleworth at toncs.blogspot.com. 705-455-9060 or fred.ann.shuttleworth.

The organizers of the concert series are

their generous support of their concerts. Submitted by Elaine Bell



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A drop of sap falls from a spigot tapped into a maple tree. It requires 40 litres of boiled sap to make one litre of syrup.



Taste of spring's bounty Just off County Road 21, close to the Allsaw Flats, a group

of people with a passion for maple syrup are keeping a Canadian trdition alive. They share lunch during a break in work, which includes collecting sap from the 13-acre property with 103 tapped trees where buckets hang, keeping the fire stoked under kettles from the mid-19th century. Owner Craig MacDonald said his sugar bush was inherited from his father. Syrup production there is an annual tradition held the past 43 years. This old method using kettles, taps and buckets, he said, is how it's been done since the 1600s. Everything in the bush, he said, is done "by eye.

Some 36 face chords are used to fuel the fire for boiling anywhere from six to nine days in a season. Many of the people who come to help every spring do so

for the maple syrup, which has a better taste and is darker in colour when compared to sap boiled in an evaporator. This operation is small in scale, but big in flavour. "We're connoisseurs of maple syrup," MacDonald said.

Left, Haliburton's Bob Davis uses a shovel to remove the coals from a fire used to boil sap in kettles. /DARREN LUM Staff



Bob Davis, who is a regular, uses a yoke on his shoulder to assist him with carrying buckets of sap. He loves the end result of the work saying, "I could sit down and eat a soup bowl full."



ANNUAL GENERAL MEETING **NOTICE**

The 23rd Annual General Meeting (AGM) of the Haliburton Highlands Health Services Corporation (HHHS) will be held on Thursday, June 20, 2019 at 2:00 p.m. in the Auditorium at the HHHS Minden Hospital / Hyland Crest site.

2019-20 Membership in the HHHS Corporation is available to any individual who is a resident* of, or who is employed or operates a business in, the County of Haliburton or in the Townships formerly known as Laxton, Digby and Longford, or Bexley or Somerville of Victoria County, or Cavendish and Galway of Peterborough County for a period of at least 12 months immediately prior to the payment of an annual membership fee of ten dollars (\$10).

Membership in the Corporation entitles an individual to vote at any general meeting of the Corporation. Members of the Corporation are also entitled to nominate Directors for election to the Board.

To be eligible to vote at the June 20, 2019 AGM, new memberships must be obtained by no later than May 1, 2019.

The membership fee may be paid and proof of membership obtained at HHHS, Haliburton or Minden Business Offices, during regular business hours, or by contacting:

Marlene Vieira HHHS Administration Office 7199 Gelert Road, Haliburton, ON K0M1S0

Phone: 705-457-2527 mvieira@hhhs.ca Email: Website: www.hhhs.ca

*this includes seasonal residents, i.e., summer cottagers / landowners





Milk jugs sit upside down with tops, signifying the syrup collected.

Above, maple syrup lover Craia MacDonald, middle, pours sap in a kettle hanging over a fire. The operation is a 43 year tradition with friends, who are maple syrup connoisseurs that come from all over.



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Separate 100 sq. ft. sauna plus storage bld.

Large multi level decking lakeside + newer dock

3-bedroom Cottage on Minden's Gull River

1100 sq. feet, open concept living, furnished

Western exposure, sandy beach and deep water

Kashagawigamog Lake \$129,900

Great opportunity to build your home/cottage

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Waterfront is across the road, 5 Lk chain access





Gull River Home \$319,500

- Minden Village waterfront opportunity
- Gull River home plus separate cottage
 Over 1/2 acre, landscaped, level property

Canal Lake \$294,900

- 4-season turnkey cottage
- Tidy open-concept 3 bedroom
- Water access with western exposure 100 steps

Kennisis Lake 140' Fr \$675,000

Yr Rnd 3 Bdrm, 1500 Sq Ft, 2 Baths, Closed Porch

• 4 Decks, Metal Roof, Wood Stove, Cabin & Storage









- Esson Creek \$389,000 Clean & tidy year-round cottage on the water
 Nicely finished 3-bedroom, picturesque
- Updates include floors, kitchen and bathroom







Apprx 2765 Sq. Ft, Open Concept

Insulated Attached 2 Car Garage, Elevator

• 3 Bdrm, 3 Bath, Custom Kitchen











Cranberry Lake \$589,900

- 4-season cottage/home built in 2002
 Superb privacy, 240' lake frontage
- South exposure, Year-round Municipal Road

Kushog Lake \$449,000

- · 2 bdrm cottage, Bunkie, dbl-car Garage
- In great shape, vinyl exteriors
 Flat west exp 100 ft lot w/ hard sand, weedless frontage













Private Lot on Kushog Lake \$239,900

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Hot Spring Market

Exclusive waterfront listing \$699,000

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- Listing needed for the Hot spring market!
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Kashagawigamog Lake \$62,000

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- Fixed week, 2nd week of July, & 4 rotating weeks
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East Moore Lake \$875,000

- 3 lake chain, south exposure, sand shoreline
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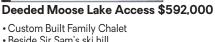




Redstone Lake \$734,900

- Beautiful 3-bedroom, 2 bath home or cottage
- Large windows & deck overlooking the lake Southern Exposure, sand beach on Redstone





- Beside Sir Sam's ski hill
- Income potential/sleeps 12





Recently renovated home with 3 bedrooms

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Maple Lake \$449,000

- Completely Renovated 3 Bdrm Home/Cottage
- Cathedral Ceilings, Pine Accents · Certified Wood Stove
- Southern Exposure, Sand Beach





- Large 4.8 acre private lot Requires a few finishing touches
- Haliburton Village Home \$375,000
- Open concept living area with cathedral ceiling

Private 3-bedroom, 2 bath in-town home

Sitting on 3.77 acres with a hilltop view



• 4 season, 3 bedrooms, 2 baths

 Beautiful view of Gull Lake • One of our premier lakes, great boating, fishing

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A Skater's Thanksgiving

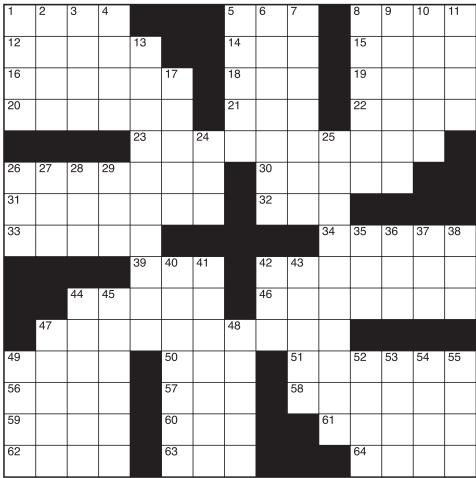
For most Canadians, Thanksgiving occurs in October to celebrate a successful harvest. For skaters in Minden, our Thanksgiving comes in April, when we celebrate a successful skating season with

our year end carnival.

Although a successful season for a skating club can be defined by the individual accomplishments of its skaters; participation in competitions, passing tests,

Crossword brought to you by





- **CLUES ACROSS**
- 1. Tenor
- 5. Panthers' signal caller
- 8. Systems, doctrines, theories
 - 12. Rulers
- 14. Indonesian coastal town
- 15. Type of cuisine
- 16. Kids
- 18. Single Lens Reflex
- 19. Extra seed-covering
- 20. Force out
- 21. Feline
- 22. __ & Stitch
- 23. Semantic relations 26. A larval frog or toad
- 30. Sport for speedsters
- 31. One who is learning
- 32. Request
- 33. Famed WWII conference
 - 34. Relieved
 - 39. English broadcaster
 - 42. Car signal
- 44. Grass part
- 46. Trivially
- 47. Serve as a warning
- 49. Centers of activity
- 50. An electrically charged atom
- 51. Small swelling of cells

- 56. Irritates
- 57. "__ your i's, cross your t's"
 - 58. Removed
- 59. "Death in the Family" author
- 60. When you hope to arrive
- 61. German district
- 62. Turner and Kennedy
- 63. Midway between south and southeast
 - 64. Emerald Isle

CLUES DOWN

- 1. Mathematical optimization search method
- 2. Country along the Arabian peninsula
- 3. Pointed parts of pens
- 4. Lake ___, one of the Great
 - 5. Peruvian region
- 6. State capital of Georgia
- 7. Those killed for their
- 8. Typeface
- 9. Shrill cry
- 10. Sends via the Postal
- 11. Holds grain
- 13. Occurring at a fitting

time

- 17. Vogue
 - 24. Born of
 - 25. Get the job done
 - 26. Teletype (Computers)
- 27. Small southern constellation
- 28. Decaliters
- 29. Area near the concert
- 35. Social insect living in
- organized colonies 36. Winter activity
 - 37. Snakelike fish

 - 38. Not wet
- 40. In addition to
- 41. In league
- 42. Barrels per day (abbr.)
- 43. Monetary unit
- 44. Marked
- 45. Emerges
- 47. Shape by heating
- 48. Early Slavic society
- 49. Italian automaker 52. Racing legend Earn-
- 53. A type of name 54. __ Strauss, jeans
- 55. Famed garden

Answers on page 24

personal bests, the Minden Skating Club fully recognizes that its success is also the result of the people who support it.

We give thanks to our coaching staff, Jane Symons, Calista Hunter, Guy Gordon and Lisa Carr. We continue to be grateful for their commitment to the sport and willingness to share their passion with our skaters. In fact, this year we are privileged to honour Guy in his 50th year of coaching. Although he hasn't spent his entire career with Minden, this is where he started and likely where he will finish ... but not yet. Also deserving of special recognition is our lead coach, Jane Symons. So much of what she does for our skaters and the club is voluntary. This year she has been working tirelessly for an entire year, planning, choreographing and creating for our "Beauty and the Beast" skating carnival. (Most of our lead costumes are designed and created by Jane!) For Jane, preparation for this year's show has been a project of passion to honour her mother who passed in the spring

We give thanks to our community helpers like Dan Fockler and his creative Senior Manufacturing Class at Haliburton Highlands Secondary School as well as Sonja Marx and John Teljeur, organizers and hosts of the annual Canadian National Pond Hockey Championships. In addition to inviting us to sell our maple syrup during their event (and buying a significant amount to share with their players), Sonja and John generously donated club jackets to our contingent of CANskaters that participated in a competition in February. John and Sonja wanted there to be little doubt where these young, up-and-coming members of the club, called home. The contributions

of Dan and his crew started with a "simple" request: We need a horse that will be movable with the skater and can stand on its own. What we received, is beyond our wildest expectation - you truly need to see it to believe it. It is a functional work of art. Life sized and light weight; made of 1/4-inch metal rod and fabric. The attention to detail and shape is exceptional. With pucks for feet it can move with the skater and has been designed so the skater can get up inside it. Although Dan has said, "We don't like attention," but when his students create with this level of skill, attention is inevitable.

We give thanks to our skating parents and families, giving up countless hours at the rink and behind the scenes doing all that is needed to make this year's "The Beauty and the Beast" skating carnival the success it is sure to be. Earning special recognition are the nine parents that serve on the club's board of directors that, in addition to the rink time, meet regularly to coordinate fundraisers, competitions, test days and of course shows: Kelly Allaire, Andrea Bull, Amber Card, Audrey Collins, Angie Garot, Nicole Mee, Aynlsey Robinson and Jessica Tomlinson. Many of these individuals work double time in the months leading up to carnival and our annual general meeting.

We give thanks to you, who joined us for the Minden Skating Club on Sunday, April 14, as we celebrated with "Beauty and the Beast." The show also included performances by Kurt Browning; a fourtime World Champion figure skater. As you saw, we have much to be grateful for and much to celebrated.

Submitted by Carolyn Lewis MSC President

Syrup season in Wilberforce

community news

wilberforce

Hilda Clark

The spring thaw has finally arrived and with it days and nights of rain and with much flooding. Hope all are coping well with any problems in your area.

It was good to see so many last Saturday with family and friends enjoying generous helpings of pancakes, sausages and that sweet stuff from our maple trees.Ah yes, maple syrup! This annual gathering at our community hall brought out over 400 diners. Others came to check out the flea market/craft sale tables and some just to enjoy coffee or tea with friends. It is good to have this springtime event where folks can visit especially those who have been away for a time over winter.

Thanks to all the volunteers who helped out at what I call Maple Fest and to those who brought their treasures to sell. They varied from painting jewellery baking to wood work.

Thanks also to Barb Schofield, Joan Barton and W H Guild for their donation of prizes. And especially Kathy Rogers and her Wilberforce funraising group for organizing this event.

Though there were fewer entries in the baked beans contest this year diners surely did enjoy beans as a side with

breakfast/lunch. This event was also an opportunity for the Wilberforce Heritage Guild to show this year's quilt that is is raffled for programs at the "Outpost" Museum. The draw for this hand quilted item and second prize a delightful bed/table runner will be Aug. 15 so plenty of time to get a ticket. Glad to see visitors supporting the group which works hard to make better the lives of cats which people seem to feel

they can abandon. Many attended services at their churches during holy week, a special time for solemn contemplation and especially joyous celebration on Easter Sunday.

The Wilberforce Book Club will have its monthly meeting this Wednesday at 6:30 p.m. at our library to discuss the book 'They Left Us Everything." Hopefully we may also discuss recently announced cuts by provincial government to services that operate inter-library loan services. This would likely affect the very service that helps groups such as our book club borrow copies from other parts of the province when there are not enough in Haliburton County for all members of the club. Need or desire a book not on your library's shelf then just ask your librarian who can arrange to borrow a copy from out of our area. Our club members already share copies each month. Small rural libraries such as ours depend greatly on this service, Surely our local provincial representative would have fought this decision. Or does she have time to visit a

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UPCOMING Community **Events**

Want to get your event in Community Calendar? It's free! Contact Pat at classifieds@haliburtonpress.com



Haliburton: Sexual Health Clinic

When: Wednesday, April 24, 10:30 am to 12:30 p.m. The clinic provides clients with confidential access to cervical screening, low-cost birth control, pregnancy testing and sexual health teaching. Testing and treatment of sexually transmitted infections are also provided. For more information, locations or to make an appointment, call the Health Unit at 1-866-888-4577, ext. 2205

Free Used Music!

When: Thursday, April 25 and Friday, April 26 Where: Northern Lights Performing Arts Pavilion Used music will be available during the music festival thanks to several county musicians. The music is free - we just want it to go to a good home - but if you would like to make a donation to the music festival to help cover festival expenses, that would be very welcome. You don't have to be attending the festival to drop by and have a look everyone is welcome!

Haliburton Highlands Music Festival - Day 1

When: Thursday, April 25

Where: Northern Lights Performing Arts Pavilion

Come and here the performers in this year's music festival. They love to have an audience, and it's a great chance to hear our local music students and performers. The instrumental classes are in the morning and early afternoon, and the vocal and choral classes are midafternoon through the evening.

Historical Society Talk: Ted Brandon

When: Thursday, April 25, 1:30 p.m. light refreshments, 2 p.m. speaker

Where: Haliburton Highlands Museum

Hosted by the Haliburton County Historical Society. Ted Brandon, president of the Haliburton Rotary Club will walk us through 75 years of Rotary presence in Haliburton County.

Haliburton Highlands Music Festival - Day 2

When: Friday, April 26

Where: Northern Lights Performing Arts Pavilion

Come and here the performers in this year's music festival. They love to have an audience, and it's a great chance to hear our local music students and performers. The piano classes will be held in the morning, afternoon, and evening.

Pancake/Sausage Brunch and Bake Sale

When: Saturday, April 27, 9 a.m. to 1 p.m.

Where: Lochlin United Church, 1050 Lochlin Road, off Gelert Road (County Rd. 1).

All-you-can-eat spring Maplefest pancake/sausage brunch and bake sale. The best deal in town! Real Haliburton maple syrup, of course! Adults \$8, children under 12: \$4 preschoolers: free.

Psychedelica '60s and '70s Dinner/Dance

When: Saturday, April 27, doors open at 5 p.m.

Where: Haliburton Legion

Dig out your retro clothing or come as you are. Dance the night away to the best music from the '60s and '70s. Door prizes, spot dances, country auction and cash bar. Tickets are \$25, available at Canoe FM and On the Spot Variety in Minden. Proceeds support community radio in the Highlands.

More information: Canoe FM at 705-457-1009

School admin aware of trend

from page 2

aware of the health concerns associated with vaping." She described the high school principal as "very supportive of

The HHSS students will have exposure to the facts about vaping through this education but ongoing/regular education would be essential. Starting the education prior to high school may prove to be beneficial as well. Parents need access to more resources to be able to help their child understand the widely underestimated health risks and to identify if their child is vaping," she wrote.

Boulay said the high school's school council raised con-

cerns about vaping back in March.

He said the meeting included questions about what the school is doing, if youth are vaping, what's happening at the school, if enforcement has been involved, and what education is being offered to the kids and community.

He adds raising awareness among faculty is also important and is being done in a variety of ways.

Sometimes we have to send the same information seven different times, seven different ways, right? This is just another way of doing it," he said, referring to the scheduled presentation by the health unit, posters, posted web information, sharing CBC article with staff.

Boulay said vaping has increased throughout society and should be a focus for the provincial and federal governments.

"It's not just a Haliburton issue. It's a cross-Ontario, cross-Canada issue," he said. "Vaping is going to have to be the new focus for these particular governments in order to make sure students and adults make good, healthy

The Council of Chief Medical Officers of Health recently released a statement warning that vaping can alter "parts of the brain that control attention, learning, mood and impulse control."

The same statement recommended parents or youth allies "start a conversation. Talk with children and teens about the risks of vaping. Educate yourself about these products and be a positive role model. Know the rules on

vaping and smoking at your child's school."

Catherine Shedden, TLDSB district manager of corporate communications, provided an excerpt from the board's code of conduct that a student may not "smoke or hold any lighted medical cannabis or lighted tobacco product, including e-cigarettes or vaporizers, on school property, school buses, or at school activities or events."

"The school board works in close partnership with our health units. The information and resources shared by HHHS were shared with TLDSB from our health unit. An increase in the number of students vaping may be due to the perception that it is a safe alternative to smoking. The consequences for not following the TLDSB Code of Conduct are outlined in the procedure [found online]," she wrote in an email. "With the recent update to the Smokefree Ontario Act, tobacco control officers from our health units are visiting schools to provide signage and resources indicating that there can be no smoking or vaping within 20 metres of a school. These officers have the right to issue a fine to anyone they find vaping within this distance."

The health unit said the fine for vaping on school property is \$305 and is the same for smoking. There have not been any fines issued by an enforcement officers on Haliburton County school properties in the last year or this year to date.

As for the general population, under the Smoke-Free Ontario Act, 2017, you cannot smoke or vape in any enclosed workplace, any enclosed public place and other places designated as smoke-free and vape-free. If you smoke or vape where it is not allowed, you may be charged with an offence and subject to a fine (\$1,000 for a first offence, \$5,000 for any further offence) if convicted.

Vaping has been marketed as an option for smokers in their effort to quit. Vaping normally exposes the user to lower levels of chemicals and contaminants than cigarette smoke. Despite this difference, Health Canada said second-hand inhalation of vapours is not harmless, but contains "far fewer chemicals than second-hand smoke. The health effects from exposure to second-hand vapour are still unknown." Vaping also provides the user the ability to modulate the level of nicotine.

Although rare, This was mostly associated with vaping when it first started.

The HKPR Health Unit's public health nurse Karen Taylor said the basic message is "if you do not smoke, do not vape. Do not start with vaping. What happens is they may be vaping a product they think has no nicotine. Depending on the supplier of the product, there may be nicotine in there. If there is nicotine in there they may become addicted to nicotine."

There are known health risks with vaping. Some of

these are related to nicotine, which is very addictive and can hamper the brain development of anyone under 25. The nicotine level can vary depending on the vaping vehicle. Symptoms of too much nicotine include nausea, vomiting, dizziness, and fainting.

Taylor said addiction to nicotine could start with vaping

and provide an entry to cigarette smoking.

"The e-liquid ... if somebody doesn't know what they're using the juice can be the equivalent of one pack of cigarettes," she said. "If someone doesn't get the nicotine that they are accustomed to ... they may go from an electronic cigarette to a cigarette. We know some people are using both. We know some youth are using cigarettes and e-cig-

Some of the health risks are related to chemicals in e-cigarette juice, such as vegetable glycerine and propylene glycol. Although safe in cosmetics and sweeteners, the long-term effects of inhaling these substances in vaping products is unknown.

Popcorn lung is a known incurable respiratory disease related to vaping that comes from prolonged exposure to the chemical diacetyl, which is added for flavour and has been used to give microwave popcorn a rich and buttery

Also known as bronchiolitis obliterans, popcorn lung is a long-term condition that damages the lung tissues and the smallest airways, leaving untreatable scarring. This disease can lead to persistent skin, eye, mouth, or nose irritation, unexplained exhaustion, breathing difficulties caus-

ing coughing and shortness of breath.

"So some adults may have it, but [it's from] using vaping products and tobacco products long term. Imagine an adolescent having popcorn lung, being diagnosed with that in their teens or in their early 20s as a young adult and going on for a lifetime? If it can be avoided, avoid it," Tay-

Taylor cited a report by the US Surgeon General, which has recommended banning the JUUL product, which is also popular locally. In 2018, the US Surgeon General released a report, which in part said, "One of the most commonly sold versions is JUUL, which now has more than a 70 per cent share of the cartridge-based e-cigarette market in the United States."

The Food and Drug Administration and the Centre for Disease Control have warned teens and young adults against using e-cigarettes. This past autumn, the FDA called youth vaping an "epidemic.

JUUL Labs, which is one of the largest producers in the world, has been public about how it wants to work with the U.S. government towards solving underage use of their products.

Among the actions include pulling flavoured products from U.S. stores (not Canada) and after removing: much of its social media presence by deleting Facebook and Instagram accounts and halting promotional posts on Twitter.

The effort to reduce underage e-cigarette use will take a co-ordinated effort.

Taylor said the health unit is working through its school health liaisons to communicate with principals and teachers about e-cigarettes.

She said the health unit's website includes information, but also welcomes parents/guardians queries. She can be reached at 1-866-888-4577, ext. 2240. Other resources include health care providers, the Smokers Help Line, and Kids Help Phone.

CROSSWORD ANSWERS

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Spring Update

IESO Heating and Cooling Program Ending

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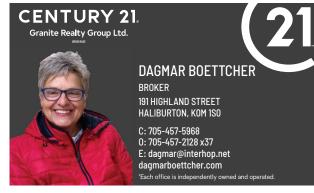
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400 EMPLOYMENT OPPORTUNITY



Kemcroft Enterprises Ltd O/A Hyland Ice Supply now accepting applications for Drivers Helpers. Please email info@hylandice.com or fax 705-448-2860.

energetic individual for grounds Young, maintenance company. Seasonal employment. Able to operate mowers/trimmers/blowers etc. Training will be provided *Call 705 457 0880 Fax 705 457 1724*

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HVAC TECHNICIAN

Fenelon Falls HVAC Company requires a HVAC Tech, with a gas fitter 2 licence.

MUST have 4-5 yrs on the job experience, clean driver's licence (abstract required), bondable.

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To apply for this position, please send resume to: info@coulterheating.com



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PLANNER

Planning and Land Information Department

The Municipality of Dysart et al is seeking a full time Planner to join our team. A detailed job description is available at

https://www.dysartetal.ca/portfolio-view/ contract-and-employment-opportunities/ for your review.

Please submit a resume and cover letter, no later than noon on May 15th, 2019 to the attention of Cheryl Coulson, Clerk at ccoulson@dysartetal.ca.

We thank all of those who apply, but only those selected for an interview will be contacted. Accommodations for applicants with disabilities will be provided upon request. The Municipality of Dysart et al is an equal opportunity employer. Personal information is collected in accordance with the Municipal Freedom of Information and Protection of Privacy Act and will be used only for employment purposes.

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EMPLOYMENT



Marcus Beach Cottages Is looking for a contract cleaner for Fridays and/or Mondays.

This is a permanent/part-time year round contract, guaranteed full year.

Responsibilities will be to prepare cottages using checklist each week after checkouts. 3 to 3.5 hours available to get each cottage ready. Strict checkout policy for owners to follow. This could be a yearly contract of over \$10,000.

Please contact Lori Roberts, Property Manager by emailing: manager@marcusbeachcottages.ca.



The Haliburton Highlands Health Services (HHHS) currently has exciting opportunities available for energetic individuals to join the team!

SONOGRAPHER/ECHOCARDIOGRAPHER

(*Temporary Part-Time Position*)

Reporting to the Integrated Director, Diagnostic Services, the Sonographer/Echocardiographer is responsible for the day to day operation of the Ultrasound and Echocardiography program within the Diagnostic Imaging Department. This position must adhere to all departmental and organizational policies and procedures including, but not limited to, PACS Privacy and Security

To be successful in this position, the candidate must have completed an Ultrasonography and Echocardiography course from a recognized community college or university; one year ultrasound experience or equivalent; maintain annual registration with the College of Medical Radiation Technologists of Ontario (CMRTO); maintain current BCLS certification; computer experience in a windows environment (e.g. Medi-Patient, PACS) preferred; demonstrated high level of communication, organizational, time management, leadership and interpersonal skills; ability to deal effectively and cooperatively with all levels of staff, patients and the public. (Job

In addition, the successful candidate must be available to work day and evening shifts, along with statutory holidays. An ability to attend work on a consistent basis is also a requirement.

VAN DRIVER

(2 Permanent Casual Positions)

The Van Driver will coordinate daily operations of the Sprinter Van and perform transportation, administrative duties and assist other staff when necessary. The Van Driver will provide safe transportation of HHHS clients, following health and safety standards. In addition, this position will arrange for maintenance and care of the Sprinter Van. (Job # 2019-05)

To be successful in this position, the candidate must possess a valid Ontario G Driver's License with a clean and recent Drivers Abstract; ability to work a flexible schedule; valid certification in Emergency First Aid and CPR; working knowledge of safety standards for transporting frail, elderly and or disabled adults would be considered an asset; ability to work as part of a team; excellent communication skills in dealing with clients and stakeholders; good organizational skills and attention to detail; good time management and ability to adhere to a schedule; ability to perform the physical requirements of the position; be able to gather information and data and interpret it; working knowledge of computer software including MS Office; ability to maintain confidentiality; ability to work with seniors and adults with disabilities and their caregivers.

If you are interested in joining the HHHS team for any of the above positions, or would like more information on the opportunities, please visit www.hhhs.ca or contact:

> Human Resources Haliburton Highlands Health Services Box 115, Haliburton, Ontario, K0M 1S0 hr@hhhs.ca Fax: 705-457-4609

Haliburton Highlands Health Services thanks all applicants, however, only those selected for an interview will be contacted. If you are contacted by HHHS regarding a job opportunity or testing, please advise if you require accommodation due to a disability. Information received relating to accommodation needs of applicants will be addressed confidentially.



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Fax 705-489-1887

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400 EMPLOYMENT OPPORTUNITY



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- Medical benefit and pension opportunities
- Outdoor construction
- Working in the Haliburton County area, based out of Carnarvon
- Monday to Friday work schedule
- Starts spring 2019
- High school diploma an asset but not required
- Minimum 3 yrs. experience operating construction equipment (excavator, loader, dozer)
- Valid G driver's license required
- Candidates must be physically fit for outdoor work
- Strong communication skills an asset

If you require accommodation during the interviewing process, please advise.

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Truck Driver

Francis Thomas Contracting, serving Haliburton County for over 80 years is looking for a Truck Driver

- Full time permanent seasonal position
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- Monday to Friday work schedule
- Starts spring 2019
- Must hold a valid AZ/DZ driver's license, with a clean abstract
- Experience operating around heavy equipment an asset

If you require accommodation during the interviewing process, please advise

Contact us by email excavate@thomascontracting.on.ca Fax 705-489-1887 Or drop in at 15561 HWY 35,

Algonquin Highlands, ON



Labour Position

Francis Thomas Contracting, serving Haliburton County for over 80 years is looking for a Labourer

- Full time permanent seasonal position
- Outdoor construction
- Working in the Haliburton County area, based out of Carnarvon
- Training provided
- Monday to Friday work schedule
- Starts spring 2019
- High school diploma an asset but not required
- Candidates must be over 18 years old and should hold a valid G2 driver's license
- Candidates must be physically fit for outdoor work
- Knowledge of power equipment an asset

If you require accommodation during the interviewing process, please advise

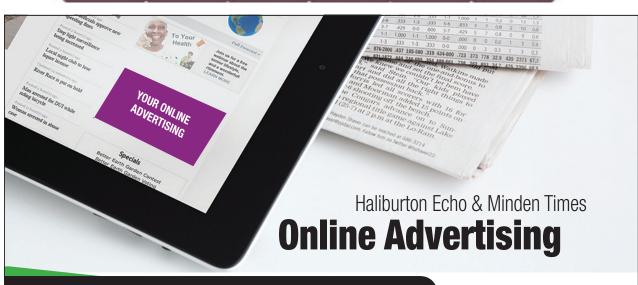
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540 COMING EVENTS

540 COMING EVENTS

540 COMING EVENTS

Get Your Groove On With DJ Ron Murphy at the April 27th Psychedelica 60's & 70's Dinner & Dance!

at the Haliburton Legion Branch 129

Doors Open at 5pm until 10pm Dinner is at **6**pm Dancing Starts at 7pm Tickets are \$25 Available at Canoe FM & On The Spot Variety in Minden



Door Prizes, Spot Dances, Country Auction, Cash Bar Dig out your retro clothing or come as you are and dance the night away! Call Us at **705*457*1009**

Proceeds support Community Radio in the Haliburton Highlands

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Call 705-457-1037 classifieds@haliburtonpress.com Deadline Friday at 4 pm

520 COMING EVENTS

HALIBURTON HIGHLANDS **WOMENS GOLF LEAGUE**

is hosting its *Icebreaker Tee*, *Social Night* at the Haliburton Curling Club On May 3rd at 7:00 pm.
Come, enjoy and register your membership.
All level players welcome! For more info visit our website at www.hhwgl.ca or call Lynne Brady 705-887-4230 or 705-340-0625

Medeba's Not-So-Silent Auction



Saturday, April 27, 2019

Join us for a great evening! Numerous items from Artisan pieces, great Highlands dining, household items & adventure gear!

6:00pm Doors Open 6:30pm Registration & Silent Auction 7:00pm Live Auction!

540 ANNOUNCEMENTS

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Paddlers are wanted for the local dragon boat club!

The Haliburton Highlands Paddlers will host an

Information-Open House

on Sunday May 5 at 2 p.m. at the Fish Hatchery 66712 Gelert Rd. Haliburton. The club welcomes both men and women for morning and evening paddles. For more information call Heather Taylor at 705-286-4953.

560 THANK YOU

.A special thanks to Dr. Armstrong & the staff at Hyland Crest, the Haliburton Community Funeral Home, Pastor Greg Swaggerman, Bill Gliddon and for all the flowers, cards, donations and kind condolences.

The Family of the late Dorothy Howe

580 PERSONALS

Do you need someone to talk to? Would you like to receive something in your mailbox other than bills? I am Annette. We can be pen friends. I am kind and non judgemental. \$20 per letter. First one free. Also magic spells. No pornography please. Mail to: B Skinner 557 Rymal Rd E Hamilton Ontario L8W1B4





Our thoughts go wandering, When daylight fades.
To the land of long ago.
And memory paints the scenes of o
In the gold of the twilight glow. We seem to see in the soft dim light, The faces we loved the best, And think of them when the sun's last ray, Goes down in the far off west. Remember Them With Us Call 705.457.1037

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In Loving Memory of

John "Jack" Edward Milburn

November 22, 1931 - April 14, 2019

Peacefully at the Haliburton Hospital, surrounded by those who loved him dearly, Jack passed away at the age of 87.

Beloved husband of the late Elva (Hicks). Dear father of Eric and Suzanne and Scott and Dawn. Loving grandpa to Taylor and Mike, Megan and Andy (Liam and Jack), Leandra and Bob (McKayla, Adrianna and Garrett). Jack was predeceased by his brother Bert, brother-in-law Gerald and sister-inlaw Muriel. Lovingly remembered by his sister-in-law Betty. Beloved son of the late Richard and Dorothy.

Friends are invited visit the family at the Gordon A. Monk Funeral Home Ltd., 127 Bobcaygeon Rd., P.O. Box 427, Minden K0M 2K0 on Tuesday, April 23, 2019 from 4:00 until 7:00 pm. A Graveside Service will take place at the Ingoldsby Pioneer Cemetery at a later date. Cremation has taken place.

Memorial Donations to the Ingoldsby United Church or the Haliburton Highlands Health Services Foundation (HHHSF) would be appreciated by the family.



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By-law officers enforce municipal rules



Stephen Fox patrolling Lutterworth

by Sue Cooper

by Sue Cooper

Books and books and books of them. Books that are at least two inches thick and that are heavier than they look. Imagine having to know page after page of municipal by-laws.

That is what Bob English and Stephen Fox do for a living. Both enforce municipal by-laws.

"It takes quite a while to learn how the municipality works, nothing is cut and dried." says English, Dysart et al's by-law enforcement officers. But municipal by-law enforcement officers do not just enforce by-laws. In fact, by-laws are only one portion of their everchanging day-to-day routine.

With all their responsibilities, a by-law officer's day could hardly be called routine.
"Not any one day is the same," says English. That's one of the things that makes his job so enjoyable, as well as the fact that he gets to "meet an awful lot of new people," especially in the summertime.

business starts to boom.

Fox is responsible for most aspects of building that goes on in Lutterworth Township. He supplies building permits, tells the builder all the by-laws he has to comply with and then inspects the building to make sure all of these rules have been followed.

followed.

And if you've ever built a house, you'll know there are quite a few by-laws and zoning laws to comply with.

One of the new by-laws in the township demands that a CSA approved smoke detector must be installed in every home, Fox says. Other regulations governing building include the distance the building will be from the lot lines, the distance from the lakefront and also the size of the property.

Property.

"One woman came in to get a permit and she couldn't even build on her lot because it wasn't big

couldn'teven build on her lot because it wasn't big enough," he said.

All in all, he says it looks like it's going to be a good year for building in the township as more areas are opening up with plans for subdivisions.

And as always, waterfront lots are in demand.

The busiest time in Dysart et al for construction is from March through October, but by-law officer English is not responsible for handling the building permits. He is, however, responsible for



Bob English catches up on paperwork

THE HALIBURTON COUNTY ECHO

AND MINDEN RECORDER

Vol. 98

Wednesday, May 7, 1980

"The voice of the Highlands"

18 pages

25 cents

Job prospects quite good for area students

prospects for students are larify optimistic according to the Halburton Highland Outreach Centre.

Jane Heppleston sald Monday many employers have applied for Ontario Youth Employment Program (OYEP), Summer Youth Employment and Experience '80. Word on how many of these applications have been accepted is expected within the month.

The summer youth employment program takes the place of Young Canad Works and this year the funds are very limited, Heppleston and Burk Population of Harth Program (1997) and Suddents using the proposed with the proposed and the propos

are very limited, Heppleston said.

"The project would have to be A-1" to be selected for the grant system, she explained. And as for OYEP, employers who have received application forms are urged to return them as soon as possible because this is a very popular program and funds may run out at any time without notice.

Suzanne Burk, of the outreach Centre, said they have been "swamped with applications from students" wanting summer jobs.

"We've definitely had more applications than last yyear," she said, holding up a "Cont'd page 2". said.

"The project would have to be A-1" to be selected for the grant system, she explained. And as for OYEP, employers who have received application forms are urged to return them as soon as possible because this is a very popular program and funds may run out at any time without notice.

Suzanne Burk, of the outreach centre, said they have been "swamped with applications from students" wanting summer jobs.



students turned out to take part. More pictures and

Tourists want it, study shows

Grading system planned

A total of 14 records were broken at the HHSS track

Ontario Board of Directors and the Grading Advisory Committee have unanimously approved the conclusions of a recently completed report on consumer and travel trade response to accommodation grading.

Woman named

Legion president

For the first time in the history of district zone F.4 of similar survey was conducted. For the first time in the history of district zone F-4 of the Royal Canadian Legion, a woman has been elected president of a branch.

Sylvia Sisson was named president of branch 129 in Haliburton at the annual-election of officers last Thursday night.

Also appointed to positions were first vice president. Also appointed to positions were first vice president mark Schell, past president Allin Cooper, service officer, Lloyd Whittaker and sergeant-activative for distributions and surface and sergeant-activative and surface and sergeant-activative and surface in distribution. A history and Tourism about Ontario travel information. A history and Fourism about ontario travel information. A history in Canada, the United States and overseas. Respondents were divided into even categories: large hotels, small hotels, motor seven categories: large hotels, small hotels, motor hotels, motor seven categories: large hotels, small hotels, motor seven categories: large hotels, small hotels, motor seven categories large hotels, small hotels, motor seven categories: large hotels, small hotels, motor seven categories: large hotels, small hotels, motor seven categories: large hotels, small hotels, motor seven categories large hotels, motor seven categories and president seven divided into seven categories.

were first vice president. Bruce MacKay, second vice president Marj Robertson, third vice president Mark Schell, past president Allin Cooper, service officer, Lloyd Whittaker and sergeant-at-arms Ed Fujar.

Elected to serve on the six-member executive council were Earl Shipley, Don Johnston, Marshall Leighton, Mike Hawman, Ted "Dutch" Hellings and Dunc MacLean.

Art Ward heads **Tourism Ontario**

Chamber of Commerce; di-rector of the Tourism Indus-try Association of Canada; and director of the Ontario Hostelry Institute. Tourism Ontario is a feder-ation of hospitality and travel associations. Its members include the Northern Ontario Tourist Outfitters Associa-tion, Ontario Association of Convention Bureaus, Ontario Hotel and Motel Association. Ward is a founding director of PineStone Inn and Country Club and presiden to A. and G. Resorts Ltd., of Haliburton; immediate past president of Resorts Ontario; past president of the Haliburton Rotary Club; past president of the Haliburton Highlands Haliburton may be focus

Acid rain's cost to be measured

tended socio-economic studies is to gain an appreciation of the value that individuals and society in general will assign to the damages and adverse effects of acid rain. Some of these damages and effects can be valued in dollars and conte

dollars and cents."

As examples, Donnan cited losses to commercial fishermen if fish populations de-

crease, damage to buildings caused by acid fallout, and the possible effect on tourism and outdoor recreational activities.

"However, a number of different effects of acid precipitation, perhaps the majority of them, involve aspects that are not bought and sold in the markets, and so dollar value estimates are not readily obtainable."

Donnan said the losses "are very real to those who sustain them, and to society in general", but that they are difficult to evaluate. He said they also existence the most appropriate level of pollution control."

As one method of determining the value society could include losses of sport fisheries, the extinction of "unique" fish populations in Cont d. page 2

could be the site of a Ministry of the Environment sponsored survey of the socioeconomic effects of acid rain. The news was contained in a letter to the Federation of Ontario Cottager from Dr. J.A. Donnan, senior economist with the program planning and evaluation branch of the environment ministry. Donnan said the ministry is already studying the physical effects of acid rain in a number of acid rain is abbeaton to the environment ministry. Donnan said the ministry is already studying the physical effects of acid rain in a number of acid rain is aboratory has been conducting field studies of the phenomenon for more than two years. But the economic cost of acid rain is less well understood than are its effects on lakes and streams. 'The objective of our intended socio-economic studies its to gain an appreciation of the value that individuals diverseponsible resolution. The reference of acid rain and outdoor recreational activities. "However, a number of acid rain study of an increased risk thuman-health. Donnan said the loss wastain them, and to socie in general", but that they addifficult to evaluate. He said the value escitant value estimates are not readily obtainable. 'Donnan said the ministry is already studying the physical effects of acid rain is a number of acid rain is less well understood than are its effects on lakes and streams. 'The believe of our intended socio-economic studies its to gain an appreciation of the value that individuals is irresponsible resolution. The resolution are instant they of an increased risk thuman-health. Donnan said the loss wastain them, and to socie in general", but that they and title function of the value society of unique. The populations in the value society of unique. The populations in the value society of unique. The population is of unique. The population is of unique of population control of the value society of unique. The popula

The Federation of Ontario Cottagers has reacted strongly to what it terms "Haliburton County Council's irresponsible resolution regarding the dumping of lime into area lakes and rivers."

In a letter to provincial environment minister Harry Parrott, federation president Jerry Strickland said the group "wishes to go on record as stating it does not control to the provincial of the provincial environment minister Harry Parrott, federation president Jerry Strickland said the group "wishes to go on record as stating it does not control to the provincial control



Nancy Hubbert, of Haliburton, examines her hand woven cloth that will be travelling to the Ontario Crafts Council Show in Toronto. The coat fabric was on display at the Rails' End Gallery.



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The Haliburton Real Estate Team



Alyssa Kinghorn Client Care Assistant

Kim Barnhart Client Care Manager

Karen Wood Broker

Linda Baumgartner Broker Team Leader

Linda Baumgartner

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TWELVE MILE LAKE \$575,000



Open concept custom built 3BR 3 Bath home. Floor to ceiling window providing stunning lake views. Large bright kitchen & fully finished lower level. 3 season cedar screened in porch. This home is finished with protection!

GRASS LAKE \$699,000



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Little Kennisis Lake \$1,249,000





3BR, 3Bath waterfront home/cottage with 250ft of frontage on popular Little Kennisis Lake. Double car garage, level lot, outdoor shower. Shallow sand bottom beach and large deck. Master loft with stunning southern views. With loads of upgrades this "turn key" home has everything your family needs.

Drag Lake \$1,475,000





Stunning 3BR, 3Bath waterfront home/cottage perfectly situated on private 1.91 acres. Over looking popular Drag Lake w/ 400 ft of frontage. Upgraded kitchen, built in appliances and high-end finishings. Massive master BR with covered porch. Attractive home!

Haliburton Lake \$829,000





Private 3 season cottage on a level lot. Finished with pine ceilings and walls throughout. Large brick fireplace. Open concept living with w/o to deck. Over-sized garage. Additional living space in 400 sqft bunkie. Sand beach with 110 ft of frontage.